



NORTH DAKOTA
DEPARTMENT *of* HEALTH

NEWS RELEASE

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Surgeon General's Report Reveals Smoking Even More Harmful Than Thought

BISMARCK, N.D. – A newly released Surgeon General's report, entitled *The Health Consequences of Smoking*, indicates that the health effects of smoking are more widespread and dangerous than previously thought. The report reveals that smoking causes diseases in nearly every organ of the body.

Published 40 years after the first Surgeon General's report on smoking, this report adds cataracts, pneumonia, some types of leukemia, certain aneurysms, stomach cancer, pancreatic cancer, cervical cancer, kidney cancer, and tooth and gum disease to the list of diseases caused by smoking.

"The Surgeon General is telling us that every year in the United States at least 440,000 people die from smoking-related illnesses and that 25 million people alive today will die from a disease caused by smoking," said State Health Officer Terry Dwelle, M.D., M.P.H. "In North Dakota, 855 people die from smoking every year. That means every week, 16 of our family members, friends and neighbors die due to smoking. Information like that should encourage all of us to never start smoking and our loved ones to quit."

To help educate the public, the Surgeon General also has unveiled a new animated website aimed at informing people of the risks of smoking and encouraging them to quit. The website displays 360-degree images of the human body and describes what smoking does to specific body areas. The animated website can be located at www.surgeongeneral.gov/library/smokingconsequences..

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“People who quit smoking start to reap the rewards immediately,” said Kathleen Mangskau, director of the state’s Division of Tobacco Prevention and Control. “They experience a drop in heart rate, improved circulation and reduced risk of heart attack, lung cancer and stroke.”

“Eight out of 10 North Dakotans do not smoke, and the majority of those who do would like to quit,” Mangskau said. “With everything we know about the effects of tobacco, we really need to help our family members and friends who use tobacco fight this addiction. Our encouragement and support can help them protect their own health and protect everyone around them as well.”

If people have questions or need help with quitting, they can contact their local public health unit or visit the Department of Health’s tobacco program website at www.ndtobaccoprevention.net. A list of cessation programs is available under the Cessation link.

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Copies of the full report, *The Health Consequences of Smoking: A Report of the Surgeon General*, and related materials are available from the Centers for Disease Control and Prevention website at www.cdc.gov/tobacco and on the Surgeon General’s website at www.surgeongeneral.gov.

Please note: To access archived news releases and other information, visit the North Dakota Department of Health Press Room at www.nddohpressroom.gov.